

## **WHAT ARE THE SYMPTOMS OF ENVIRONMENTAL ILLNESS?**

They vary; not everyone reacts to the same things with the same intensity in the same way. That's what makes the illness so baffling. In many cases, patients feel chronically sick—as if they had the flu. Fatigue is common. Reactions can affect any of the body's systems with pains ranging from pseudo-heart-attack to arthritis. Symptoms may occur in the stomach and intestines, skin, eyes, nose, throat and lungs, as well as the genitourinary tract and cardiovascular system.

When reactions affect the nervous system, the patient may exhibit a wide range of mental and emotional symptoms such as migraine headaches, confusion, depression, irritability, convulsions, dizziness, amnesia, hallucinations, phobias, etc. Psychological assistance may be helpful, but is not enough. The reactions must be stopped. (From "Share, Care and Prayer Ministries," Arcadia, California)

## **HOW CAN ENVIRONMENTAL ILLNESS BE TREATED?**

So far, the most effective treatment is to provide relief and build up the body's damaged immune system. This is done by avoiding exposure to those materials that triggered the reaction in the first place along with individualized medical treatment. (From "Share, Care and Prayer Ministries," Arcadia, California)

## **THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION**

### **GENERAL MEMBERSHIP**

P.O. Box 871  
Cambridge, Ontario  
N1R 5X9  
(416) 628-4616

### **HAMILTON-BURLINGTON**

356 Rankin Drive  
Burlington, Ontario  
L7N 2B4  
(416) 637-5146

### **KITCHENER**

85 Longwood Drive  
Waterloo, Ontario  
N2L 4B6  
(519) 884-1008

### **LONDON**

1509 Rushland Avenue  
London, Ontario  
N5V 1X6  
(519) 659-9696

### **OTTAWA**

P.O. Box 11428,  
Station H  
Nepean, Ontario  
K2H 7V1  
(613) 224-0801

### **QUINTE**

P.O. Box 188  
Stirling, Ontario  
K0K 3E0  
(613) 395-0400

### **TORONTO**

P.O. Box 2311,  
Station C  
Downsview, Ontario  
N5V 1X6  
(416) 783-1371

### **WATERLOO-WELLINGTON**

11 Drew Avenue  
Cambridge, Ontario  
N1S 3R2  
(519) 621-0245

### **BRITISH COLUMBIA**

1091 Gordon Drive  
Kelowna, B.C.  
V1Y 3E3  
(604) 861-8381

### **NEW BRUNSWICK**

P.O. Box 4073  
Dieppe, New Brunswick  
E1A 6E7  
(506) 388-3113

### **NOVA SCOTIA**

224 Beaver Bank Road  
Lower Sackville, N.S.  
B4C 2S6  
(902) 864-3960

### **P.E.I.**

22 Poplar Avenue  
Sherwood, P.E.I.  
C1A 6S7  
(902) 566-9154